



THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

23 Priscilla Place • (203) 452-5199

SEPTEMBER 2018

Senior Commission Chairman

Amy DeZenzo (203) 261-0872

Director of Human Services

Michele Jakab (203) 452-5144

Administrative Assistant

Ashley Ryan Grace (203) 452-5199

Senior Center Receptionist

Jeannie Franco (203) 452-5199

Social Services

Jennifer Gillis (203) 452-5133

Food Pantry

Monica Vallejo (203) 452-5135

First Selectman

Vicki Tesoro (203) 452-5005

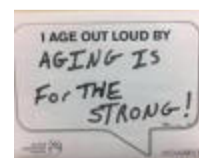
The Center will be closed on Monday, September 3rd, in observance of Labor Day.

September is National Senior Center Month

The Trumbull Senior Center is celebrating National Senior Center Month this September. This year, we're celebrating the energy of the seniors in our community by highlighting the growth, learning, giving, and connections built at the center.

Several activities are planned; be sure to check out our programs on page 3. Come with a friend and join an exercise class! The first class is always free.

Come build the momentum with us!



Qi Gong with Julie returns on Wednesdays at 12:30 PM!

What to Expect: Simple yet profound ways to increase energy. Improved immunity. Stronger bones & skeletal structure. Increased sense of peacefulness & improved sleep. Better internal & external balance. No experience necessary.



SENIOR CITIZEN COMMISSION

Chairman - Amy DeZenzo

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Mary Isaac

Marcy Kelly

Come for Lunch!

The Dining Room

Thursday

September 20th

*Catered by
A Pinch of Salt*

Suggested Donation
\$3.25

Reservations must be made (2) days in advance by calling 203-378-3086.
Please call for the menu.



Music played by

DJ Al Song!

New Bingo is Here!

\$1.00 for the first two cards.

\$1.00 each additional card.

Play as many cards as you want.

10 games will be played

Cash prizes!

This event is sponsored by
SYNERGY Homecare and Right at Home.

Afternoon Movie or TV Show

Every Thursday at 12:00 PM

Bring your lunch.

Beginning on September 6th:

The Crown, Season 1

We will watch 2 episodes per week.

Until we finish Season 1 and 2.

For more information and to RSVP,
please call (203) 452-5199.



CENTER HOURS

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Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Veteran Benefits Screening **Tuesday, September 4th** **12:30 PM**

Ramon Agosto, from Connecticut Department of Veterans Affairs, returns to screen Veterans and their surviving spouses for all Veteran's benefits. Bring your discharge papers. Membership is not required to meet Ramon. To RSVP, please call (203) 452-5199.

Evening Program

The Opioid Crisis: **It's Impact on Seniors** **Thursday, September 6th** **5:30 PM**

Join Stephanie Paulmeno, MS, RN, NHA, CPH, CDP, Candidate: Doctor of Nursing Practice/Quinnipiac University (RN, Gerontologist, Licensed Nursing Home Administrator, Public Health & Dementia Practice) to discuss the impact the opioid crisis has on seniors, senior services providers, residential facility managers, healthcare providers, case managers, and adult children. This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers. \$10.00 a CEU Certificate. Free/open to the public. To RSVP, please call (203) 452-5199.

Family Feud Game **Wednesday, September 12th** **10:30 AM**

Join Utopia Home Care for a fun game of Family Feud! Refreshments will be provided. For more information, please call (203) 452-5137.

Collette Tours Presents: **Reflections of Italy &** **Canyon Country** **Thursday, September 13th** **1:00 PM**

Do you enjoy traveling? Stop by the Center on September 13th to hear all about Collette Tour's upcoming trips to Italy and Canyon Country including Utah and Arizona. For more information and to RSVP, please call (203) 452-5199. Flyers are available at the front desk. Sign up soon, spaces fill up fast!

Lunch and Learn **Three Steps for Protecting** **Assets by Massih Law** **Wednesday, September 19th** **10:30 AM**

Join Massih Law to discuss the various options you have to protect your assets. After the presentation, stay for lunch. For more information, please call (203) 452-5137.

How to Access Your **Personal Medical Records** **Online**

Tuesday, September 25th
11:30 AM
Join our Wellness Nurse, Victoria Benoit, to learn how to access your own personal medical, health records online. Six seats available. You are welcome to bring your own electronic device. For more information and to RSVP, please call (203) 452-5199.

AARP Safe Drivers Course
Friday, September 28th
9:00 AM—1:00 PM
\$15.00 members and \$20.00 non-members. Checks only please. To RSVP, please call (203) 452-5199.

Upcoming Events

Art Expo **Save the Date!** **Wednesday, October 24th** **10:30 AM**

Join us for an art expo to meet and greet with our wonderful art instructors and view the work of our talented artists at the Center. Refreshments will be served by Brightview Senior Living.



Annual Senior Picnic **Hosted by the** **Trumbull Rotary Club** **Thursday, September 13th** **12:00 PM**

Seniors are invited to a free picnic under a tent on the town green.

It's a great opportunity for fellowship and a free lunch!

Held at Trumbull Town Hall.

To RSVP, please call
(203) 452-5199

PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies. Extra yarn is available. Donations welcomed. Everyone welcome.

Daily Lunch Program

Join us for a hot lunch

Monday-Friday at 11:45 AM.

Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25.

Alternative Menu:

Chef Salad: carrots, cherry tomatoes, spring mix, cucumbers, cheese and low sodium turkey breast. (Egg salad and tuna are substituted.)

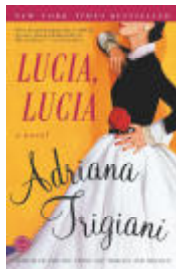


The Book Club

September Book:

"Lucia, Lucia" by Adriana Trigiani

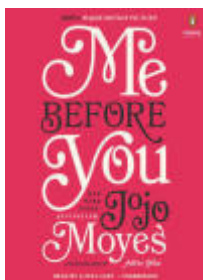
Monday,
September 10th,
11:00 AM



October Book:

"Me Before You" by Jojo Moyes

Monday,
October 1st,
11:00 AM



Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5199. \$5.00 for non-residents. If you have a laptop, please bring it in.

Slim Approach Group

Every Thursday, 10:00 AM

Weekly weight management support group. *New members are welcomed!*

Lunch and Movie

Friday, September 21st

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: The Miracle Season
Under the influence of their tough-love coach, this grieving volleyball team pulls together to win their state championship. Based on an inspiring true story.

Starring: Helen Hunt and William Hurt

To RSVP, please call
(203) 452-5199.



Monthly Birthday Party

Friday, September 28th

11:30 AM

Come celebrate our September birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare. To RSVP, please call (203) 452-5199.

New Bingo

Friday, September 28th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

To RSVP for Bingo, please call (203) 452-5199.

Sponsored by SYNERGY Homecare and Right at Home.

Sue's Salon

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Licensed professional.

call (203) 981-7061

Price List:

Shampoo/set/blow dry: \$15.00

Shampoo/cut: \$18.00, Neck Trim:

\$10.00, Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry: \$65.00

GAMES

Billiards Monday-Friday. Call

the office to get in touch with other players! Let's get a group going!

Poker Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game. Don't forget to bring your poker face!

Bocce Ball Mondays 9:00 AM

With the welcome of Spring and the beautiful weather, join us outside for a fun game of Bocce Ball.

Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Pinochle

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

Mah-Jongg

Wednesdays & Fridays

12:30 PM

Interested in playing billiards?

Call: Madeline Raymond
203-365-0565

FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-9:00 AM Stretch, balance, aerobic and strength exercises. Optional: bring weights.

International Folk Dance with Leng -10:00 AM A wonderful exercise for your mind, body and spirit.

Beginners Line Dance with Shirley-1:00 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM Focuses on deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Sit and Fit with Becky and Marylou-10:30 AM A gentle, seated exercise class aimed to reduce stress, gain flexibility and strength.

Zumba Lessons with Mike Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-1:30 PM Focuses on improving balance and reducing stress.

Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM Experience required. Please bring your own tap shoes.

Qigong with Julie-12:30 PM Practice that focuses on lowering stress, improving immunity and strengthening internal and external balance.

Thursdays:

Balance, Core and Stretch (Pilates)-with Jeannie-9:00 AM This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

Strength Training with Nancy-10:15 AM Build strength and muscle while feeling stronger and more flexible. Please bring your own weights.

Feldenkrais with Cathy-11:30 AM Awareness through movement. Learn the importance of proper movement techniques while sitting.



Fridays:

Dance & Tone with Jeannie-9:00 AM Dance to international music while toning the entire body.

Tai Chi with David-10:15 AM An ancient martial art that helps improve balance and relieve pain.

Israeli Dance with Leng—11:30 AM Israeli Dance is great exercise for your mind, body and soul. No experience necessary. \$5.00 per class.

ART CLASSES

Mondays:

Drawing with Christine-9:45 AM This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

Tuesdays & Thursdays:

Watercolors with Sabine-9:30 AM Water color class taught by Artist Sabine Bonnar. **CLASSES WILL RESUME OCTOBER 2ND.** All levels are welcome.

A supply list will be provided.

Fridays:

Acrylic/Oil Painting with Christine-10:00 AM A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.



The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, shopping, and the Senior Center. Service animals and assistive devices welcome.

Pick up times for the Senior Center bus are from 8:45 am-10:00 am with reservations. Medical ride appointments are on a first come, first serve basis. Monday, Tuesday, and Thursday.

Essex Steam Train Friday, September 14th

Step back in time and take a ride on the Essex Steam Train. Be sure to enjoy lunch at the Trackside Café. Admission for the train is \$15.00. Please pay at the front office. Cash or check only. You are responsible for the cost of your lunch. Transportation fee is \$2.00; please pay this fee at the front office.

To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 9:00 AM
- The Essex Steam Train from 10:30 AM—12:00 PM
- Lunch from 12:30 PM—1:30 PM
- Bus will return to the Center by 2:30 PM.

The Shuttle Loop: Get a choice!

Must RSVP: (203) 452-5199

Estimated pick up time between 9:00 am-10:00 am
Stores within the “Loop” include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

- **Thursday, September 6th**
Trumbull Mall/PriceRite
- **Thursday, September 27th**

There is a minimum of 4 riders and maximum of 14.

The Connecticut Audubon Society and the Blue Goose Restaurant Thursday, September 20th

Enjoy an early lunch at the Blue Goose Restaurant in Stratford. After lunch, take a trip to the Connecticut Audubon Society in Milford and view the exhibits of the state's bird population and habitats. Donations to the Connecticut Audubon Society are welcomed.

You are responsible for the cost of your lunch. Transportation fee is \$2.00; please pay this fee at the front office. To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 10:45 AM
- Blue Goose Restaurant 11:15 AM—12:30 PM
- The Connecticut Audubon Society:
1:00 PM—2:15 PM
- Bus will return to the Center by 2:30 PM.

Stop and Shop Schedule: Call for a pick up **(203) 452-5199**

- Stern Village: Wednesdays (pick up 9:00am-9:15am)
- Trumbull Residents: Tuesdays (pick up 9:15am-9:45am)

Shopping is from 10:00 AM -11:00 AM.

You will be picked up between 9:00 AM-9:45 AM.

Wheelchair accessible, aides or caregivers are welcome. Must RSVP: (203) 452-5199

Our Fabulous Bus Drivers:

Jeanne Horvath
Vincent Pavone
Bill Schiappa
Andy Mastrone



NEWS FROM THE OUTREACH DEPARTMENT

ELDERLY AND TOTALLY DISABLED RENTER'S RELIEF PROGRAM

Applications accepted from April 1 to October 1, 2018

ELIGIBILITY REQUIREMENTS:

Applicant must be age 65 or 100% Disabled (18+) older as of December 2017

(***Current proof of disability from Social Security must be provided***)

Applicant must have been a renter in Connecticut during 2017.

ANNUAL INCOME GUIDELINES: SINGLE: \$35,300.00 COUPLE: \$43,000.00 (Cannot Exceed)

PROOF OF INCOME FOR 2017:

- 1) Social Security benefit statement for 2017 (1099) form
- 2) Bank interest statement and dividends for 2017
- 3) Pension Statement/Retirement/Annuity statements for 2017
- 4) Federal Tax Return for 2017 if filed
- 6) Any and all income from 2017 taxable or non-taxable

If you need proof of Social Security benefits, you can get a benefit verification letter by calling 1-800-772-1213 (this will take 10 days) or register online at www.socialsecurity.gov and create an account where you can then print a benefits verification letter.

PROOF OF EXPENSES PAID IN 2017:

- 1) Rent Receipts signed by landlord or rent ledgers from housing complex for the whole year.
- 2) Statements/bills from electric, gas, water, and fuel showing amounts and dates paid for the whole year.

Call United Illuminating at (800) 722-5584 and request a "PAYMENT PRINTOUT" for the year 2017.

Please call Social Services to schedule an appointment – NO WALK-INS PLEASE! 203-452-5133



CTVeterans Mobile App

For iPhone, iPad and Android Devices

The Connecticut Department of Veterans Affairs Mobile Application allows Connecticut Veterans and residents to access crisis assistance by phone, text, and online chat. CT DVA services are available through the app menu, including an interactive map of Veterans clinics and hospitals in Connecticut.

The application will allow users quick access to:

- Crisis Assistance by Phone, Text Message and Online Chat
- Veterans Benefits and Services
- Healthcare and Hospitals
- Housing
- Business and Jobs
- Supporting a Veteran
- Flag Status

Connecting with DVA on Social Media

Americares Free Clinics provide quality health care to uninsured residents in a setting where all individuals are treated with dignity and respect. The intention of the Americares Free Clinics is to help those who are making a sincere effort to help themselves and their families, but who do not have the financial resources for medical care.

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Office Hours:

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Thursday: 9:00 AM—6:00 PM
Every Second Saturday: 9:00 AM —12:00 PM

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COMMUNITY NEWS

Senior and Disabled Persons *Volunteer Tax Relief*

The town has established a program of *tax relief* for qualifying seniors and disabled persons who choose to give their time, talent and energy by volunteering to provide services to the town. Qualifying taxpayers, who volunteer to provide one hundred (100) hours of service to the Town of Trumbull, shall be eligible for a *tax* credit of a fixed amount up to \$600 upon his or her real estate taxes. In order to qualify for the benefits of this Volunteer Tax Relief Program, residents:

- At the close of the preceding calendar year must be sixty-five (65) years of age and over, or whose spouses, living with them, are sixty-five (65) years of age or over, or sixty (60) years of age or over and the surviving spouse of a taxpayer qualified in this municipality under this section at the time of his or her death or with respect to real property on which such residents or their spouses are liable for taxes
- At the close of the preceding calendar are eligible in accordance with applicable federal regulations to receive permanent total disability benefits under Social Security,
- Are qualified for permanent total disability benefits under any federal, state or local government retirement or disability plan, including the road Retirement Act and any government-related teacher's retirement plan.
- Own or be held in trust for their benefit and occupy as their principal residence, real property in the Town of Trumbull or be liable for the payment of taxes.

Volunteer hours are to be completed in one (1) calendar year. The *tax* credit earned shall be applied to the *tax* bill issued for payment in July of the year following the calendar year of service. Please contact the Senior Center at (203) 452-5199 if you would like to apply.

Document Shredding at Nature & Arts Center

Trumbull Community Women will sponsor a Document Shredding Event Saturday, September 29th, from 9:00 am to 12:00 noon at the Trumbull Nature & Arts Center, 7115 Main Street in Trumbull. The event, which is sponsored by a grant provided by Rotary Club of Trumbull, has proved popular both for residents wanting to safely discard old files and tax returns, and businesses that have large quantities of information that need to be disposed of safely and securely. The shredding is free and is being offered as a community service by Trumbull Community Women. For further information visit the group's website, www.trumbullcommunitywomen.org.



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Your Donation Matters

Would you like to leave a donation in memory of someone or help fund a particular class or program? Donations are used to support Senior Center programs that enrich the lives of seniors at the center and in the community. All contributions are gratefully accepted. Here are some donation suggestions: Arts and Crafts, In Memory of., Luncheon scholarship, Exercise Workshop.

**Please make the check payable to:
The Trumbull Senior Center**

If you would like to specify what your donation is for, please do so here or on the memo of your check:

Thank you for your support!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>September</i></p>				9:00 Dance & Tone 1 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game
3 The Center is closed in observance of Labor Day. 	4 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 12:30 Veterans Benefits 1:30 Tai Chi Quan	5 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	6 9:00 Balance & Core 9:00 Loop Trip 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:00 Movie/Show 12:30 Pinochle 5:30 Opioid Impact	7 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game
10 9:00 Stretch 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 11:00 Book Club 1:00 Line Dancing 2:00 Yoga	11 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	12 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Family Feud 11:00 Tap Dance 12:30 Mahjong & Pinochle 12:30 Qigong	13 9:00 Balance & Core 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:00 Movie/Show 12:00 Senior Picnic 12:30 Pinochle 1:00 Collette Tours	14 9:00 Dance & Tone 9:00 Essex Steam Train 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game
17 9:00 Stretch 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 1:00 Line Dancing 2:00 Yoga	18 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	19 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Massih Law 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	20 9:00 Balance & Core 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:00 Adubon Society 11:30 Feldenkrais 12:00 Movie/Show 12:30 Pinochle	21 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch + Movie 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game
24 9:00 Stretch 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 1:00 Line Dancing 2:00 Yoga	25 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Medical Records 11:30 Zumba Lessons 1:30 Tai Chi Quan	26 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	27 9:00 Balance & Core 9:00 Loop/Mall/PriceRite 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:00 Movie/Show 12:30 Pinochle	28 9:00 Dance & Tone 9:00 AARP Safe Drivers 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1:00 New Bingo

Genesis

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MORE COMMUNITY NEWS



The 40th annual Trumbull Arts Festival Sunday, September 16 from 10:00 AM to 4:00 PM

Historic Town Hall Green, 5866 Main Street, rain or shine;

Free admission. The Festival features over 30 juried crafters, 20 fine artists, authors, Community booths, food trucks and vendors, and a Children's Creative Center. Entertainment begins at 11:30 AM by Trumbull's own "Smile A While".

At 1pm, "The Red Hots" take the stage followed by a performance by The Fairfield Theatre Company at 2:15pm. Closing out the entertainment will be the "The Frank Porto Band" at 3:00pm. For more information, please call Emily Areson at the Arts office at [203-452-5065](tel:203-452-5065) or email arts@trumbull-ct.gov.

Food Pantry Needs:

- Paper towels
- Toilet paper
- Tissues
- Liquid hand Soap
- Laundry detergent small bottles
- Dish soap



Food:

- Spaghetti sauce
- Pancake mix/syrup
- Canned pasta



Transportation Resources for Trumbull Residents

In addition the Senior Center transportation programs, there are alternatives to help meet your needs. Call the Senior Center at (203) 452-5137 if you need any help in signing up for these programs.

- **Veterans**-VA Hospital transportation provides transport for eligible Vets including wheelchair services. 203-932-5711 ext. 3182, 3327
- **United Way 211 — Hotline**

For more information on mobility resources for Southwestern Connecticut, check out "KNOW HOW TO GO." <http://www.knowhowtogoc.org>.

- **Regional Mobility Management Project's Taxi Voucher Program:** Rick Davis, Regional Mobility Manager, at (203) 365-8522 ext. 244.
- **GBT Access:** Chin Stolze (203) 333-3031 ext 131
Door-to-door Transportation



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DAY AND OVERNIGHT TRIPS: *Stop by the Center for detailed flyers*



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E-mail Jeannie Franco with any questions jfranco@trumbull-ct.gov or call (203) 452-5199.

Payment and trip policy forms are required before signing up. To view all trip flyers, visit the Center or visit our website: <http://www.trumbull-ct.gov>

2018 Upcoming Trips

- White Christmas at Aqua Turf
- Westchester Broadway: The Edward Twins.

The Big E Wednesday, September 19th, 2018 \$55.00 Per Person

The Big E, "New England's Great State Fair," is the premier event each Fall in Connecticut.

Includes:

transportation, admission, driver's gratuity.

Getaway Tours

Choctoberfest Fascia's Chocolate-East Side Restaurant-Still Hill Brewery Tuesday, October 9th, 2018 Cost \$131.00 Per Person

Head over to Fascia's Chocolates for a full chocolate experience. Tasting and demonstrations are included.

Includes: transportation, tour director, full chocolate experience, German lunch at East Side Restaurant, beer and Brew House Tour, all taxes and gratuities

Tours of Distinction



Museum Without Walls Thursday, October 18th, 2018 \$114.00 Per Person

Lunch at The River Grill with Picturesque views of the Hudson Valley. Visit Storm King Art Center, the world's leading sculpture park. Next is the Dia: Beacon Museum.

All gratuities and taxes included.

Tours of Distinction

United Nations and Carmine's Monday, October 22nd, 2018 \$114.00 Per Person

Head to the Big Apple for a day of peace and justice!

Guided tour at the United Nations. Go behind-the-scenes.

Lunch at Carmine's family style. Garlic Bread, Mixed Green Salad, Linguine with Clams (Red Sauce), Rigatoni & Broccoli, Meatballs, Chicken (Lemon & Butter), Dessert, Coffee, Tea.

Tours of Distinction

Broadway: Wicked or My Fair Lady. Your choice! Wednesday, October 24th, 2018 *Orchestra/Front Mezzanine Tickets*

Lunch at the famous Carmine's
\$259.00 Per Person

Tour Director and all gratuities included.

Getaway Tours



Westchester Broadway Theatre: Phantom

**Thursday, November 8th, 2018
\$99.00 Per Person**

Matinee performance with lunch. Choice of entrée upon arrival.

Getaway Tours

Overnight Trip with Tours of Distinction

**Christmas in Cape May
December 4-6, 2018**

Deposit Date: ASAP \$50.00

Final Payment: October 29th

Single: \$765.00

Double: \$649.00

Triple: \$609.00

Includes: transportation, 5 meals, cocktails, lunch at Carmine's, sightseeing tour, reserved ***orchestra seats*** to Radio City's Christmas Spectacular, baggage handling, tour director, all gratuities/taxes



Holiday Tea at Caramoor Holiday Tea Musicale Rosen House

**Wednesday, December 5th, 2018
Cost: \$121.00 Per Person**

Visit Caramoor Center for Music and the Arts, located in Katonah, NY. Your cultural exploration begins with a docent-led tour of the historic Rosen House. Sit back and relax in the majestic Music Room for a concert of holiday music.

Enjoy a relaxing holiday tea consisting of a variety of tea sandwiches, scones with clotted cream, desserts, and a selection of teas.

Tours of Distinction